

## ONE POT, TOMATO BASIL LENTIL PASTA

Recipe Adapted from: [Tedi Sarah](#)

Yields: 4-5 servings

### ingredients

12 ounces, red lentil or chickpea pasta (such as, Explore Cuisine\* or Banza)  
4 cups (32 ounces), low-sodium vegetable broth  
1, 15 ounce can diced tomatoes, no-salt-added  
1 medium onion, diced  
4 cloves garlic, minced  
2 teaspoons oregano, dried  
1/3 cup chopped fresh basil  
salt & ground black pepper, to taste



*\*I found my lentil pasta from Costco. For those in southeastern Wisconsin, I have also seen it at Sendik's.*

### directions

In a medium-sized soup pot, add the pasta, broth, tomatoes, onion, garlic, and oregano.

Heat the pot until it begins to boil. Once boiling, cover, turn the heat to low and cook for about 10 minutes or until most of the liquid has been absorbed and the pasta is al-dente. Be sure to stir the pasta every few minutes.

Add the chopped basil. Stir. Taste test for flavor and add salt/pepper accordingly.  
Serve with a side salad and you've got a winner!

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